

Women's Fitness



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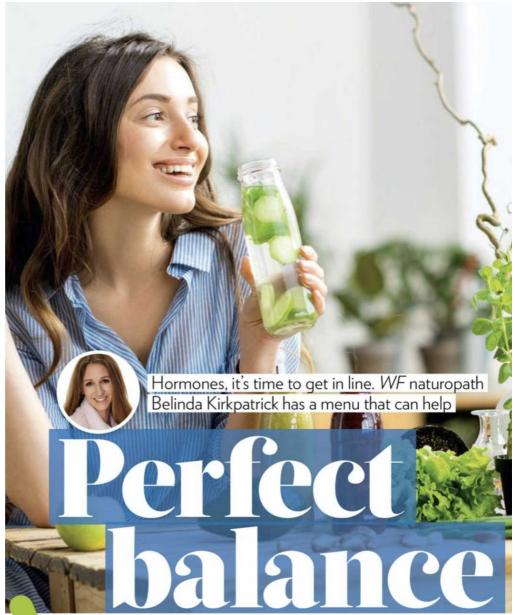
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**FACT: THERE ARE MORE THAN** 100 HORMONES working closely together in your body every day. So it makes sense then, that if one is disrupted, the flow-on effect is huge. Cue moodiness, intense hanger, painful or missing periods, fluid retention or weight gain and plummeting energy, just for starters.

"Hormones are responsible for so many important things including regulating our periods, keeping us warm, giving us energy, helping us to sleep and keeping us happy - we literally couldn't live without them!" says WF naturopath Belinda Kirkpatrick. Most women of reproductive age experience hormonal changes on a daily basis, she adds, and if your balance is compromised as a result, the nasty symptoms can pile up. "This makes hormone production and balance essential for health and happiness," she says.

If you hear hormones and think periods, you're only just scratching the surface. Here's a quick cheat sheet: the thyroid hormones are key for energy, mood, weight and temperature; melatonin plays a big role in sleep; insulin and glucagon regulate your blood sugar balance; cortisol, often dubbed the 'stress hormone', also provides energy; and leptin and ghrelin are hormones that stimulate and regulate your appetite.

Just as there are loads of hormones at play in your body, there are loads of reasons why your hormones might stop playing nicely with each other, including stress, too much or not enough exercise, environmental toxins and a lack of quality sleep. One of the biggest disrupters, Kirkpatrick says, is diet. "What we eat plays an important role in keeping hormones happy and balanced," she notes. "Poor dietary choices can contribute to

imbalance, while inflammation an of building block vitamins and mir

It can be tric causing you to fe you're experienc healthy lifestyle hormones into li prioritising sleep cleaning produc exercising regula and processed for hormones, your should contain a fats and someth

Broccoli, salı eggs are some o Want to give you with this menu f Healthy Hormon Balancing Your H



